

**The Claims Defining the Invention are as Follows**

1. A short sleep/nap management apparatus comprising sensor means to detect one or more physiological parameters associated with a transition in sleep stages from wakefulness, processing means to process said parameters to determine when said transition is reached and start a timer to run for a predetermined period, and alarm means to actuate at the end of said predetermined period.  
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2. A short sleep/nap management apparatus comprising sensor means to detect one or more physiological parameters associated with a transition in sleep stages from wakefulness, said transition being any point in time from the onset of stage 1 or stage 2 sleep, to an event preceding onset of stage 3 sleep, processing means to process said parameters to determine when said transition is reached and start a timer to run for a predetermined period, and alarm means to actuate at the end of said predetermined period.  
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3. A short sleep/nap management apparatus as claimed in claim 1 or 2 wherein said predetermined period is user adjustable.  
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4. A short sleep/nap management apparatus as claimed in any one of claims 1 to 3 wherein said sleep management apparatus includes a second timer to run for a second predetermined period, wherein said alarm means actuates at the end of said second predetermined period.  
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5. A short sleep/nap management apparatus as claimed in any one of claims 1 to 4 wherein said transition is any point in time from the onset of stage 1 sleep, to an event preceding onset of stage 2 sleep.  
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6. A short sleep/nap management apparatus as claimed in claim 5 said transition is a point in time at or shortly after the onset of stage 1 sleep.  
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7. A short sleep/nap management apparatus as claimed in any one of claims 1 to 6 wherein said transition point is user adjustable.  
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- 16 -

8. A short sleep/nap management apparatus as claimed in any one of claims 1 to 7 wherein said sensor means senses heart/pulse rate.
9. A short sleep/nap management apparatus as claimed in claim 8 wherein said one or more parameters detected is a significant change in average heart rate, being sustained rather than transient or temporary.
10. A short sleep/nap management apparatus as claimed in any one of claims 1 to 9 wherein said apparatus includes monitoring means to record said one or more parameters, as a function with time.
11. A short sleep/nap management apparatus as claimed in claim 10 wherein said apparatus is provided with means to produce a chart from said monitoring means.
12. A method of achieving a short sleep or nap comprising detecting one or more physiological parameters associated with a transition in sleep stages from wakefulness, determining when said transition is reached and timing a predetermined period, and actuating alarm means at the end of said predetermined period.
13. A method of achieving a short sleep or nap comprising detecting one or more physiological parameters associated with a transition in sleep stages from wakefulness, said transition being any point in time from the onset of stage 1 or stage 2 sleep, to an event preceding onset of stage 3 sleep, determining when said transition is reached and timing a predetermined period, and actuating alarm means at the end of said predetermined period.
14. A method as claimed in claim 12 or 13 including providing for said predetermined period to be user adjustable.
15. A method as claimed in any one of claims 12 to 14 including providing a second timer to run for a second predetermined period, wherein said alarm means actuates at the end of said second predetermined period.

- 17 -

16. A method as claimed in any one of claims 12 to 15 wherein said transition is any point in time from the onset of stage 1 sleep, to an event preceding onset of stage 2 sleep.
17. A method as claimed in claim 16 said transition is a point in time at or shortly 5 after the onset of stage 1 sleep.
18. A method as claimed in any one of claims 12 to 17 including providing for said transition point to be user adjustable.
19. A method as claimed in any one of claims 12 to 18 wherein the detecting of said transition utilises sensor means to sense heart/pulse rate.
- 10 20. A short sleep/nap management apparatus substantially as herein described with reference to the drawings.